

Grief for the Other Pet:

Surviving pets may whimper, refuse to eat or drink, and suffer lethargy. Even if the two pets were not best friends, the changing circumstances and your emotional state may distress the pet left behind.

- Give surviving pets lots of TLC
- Try to maintain a normal routine

When you are ready, remember that your local animal shelter is a great place to find your next special friend.

APPENDIX B

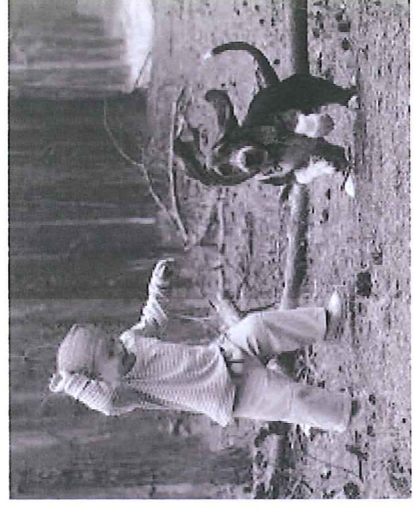


Coping with the Death of Your Pet

The Humane Society

People love their pets and consider them members of their family. Caregivers celebrate their pets' birthdays, confide in their animals, and carry pictures of them in their wallets. So when your beloved pet dies, it's not unusual to feel overwhelmed by the sorrow.

This brochure provides information on how to cope with the death of your pet.



All information in this article
was found:

www.humanesociety.org



THE HUMANE SOCIETY
OF THE UNITED STATES

What is Grief and How Can You Cope?



The grief process is different and unique for each person. Some people may grieve for days and for others the grief will last for years. The following are characteristics that are typical for the grieving

- The process usually begins with denial.
- Some caregivers may try bargaining with a higher power or with themselves to try to restore the love that they had with their pet.
- Others experience anger which may be directed at family, friends, or veterinarians.
- Caregivers may also feel guilt and deep sorrow which could lead to depression.

Coping with Grief

Try not to deal with the grief alone. There are pet-loss support hotlines, internet groups, books, videos, and magazine articles.

Here are a few suggestions:

- Acknowledge your grief and give yourself permission to express it. (It is okay to cry!)
- Don't hesitate to reach out to others for support.
- Write about your feelings, either in a journal or with poetry.
- Call your humane society to see whether it offers a pet support group you can attend.
- Prepare a memorial for your pet.



For Children:

The loss of a pet may be the child's first experience with death. The child may blame himself, his parents, or the veterinarian for not saving the pet. He may feel guilty, depressed, and frightened that others may be taken from him. Ideas for support of a child grieving the loss of a pet:

- Do not try to protect the child by saying that the pet ran away. This could cause the child to expect the pet's return. Be honest with your child.
- Express your own guilt and help him work through his feelings.